



# Washington Message NEWS



Ruth Williams

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Kennewick, Washington

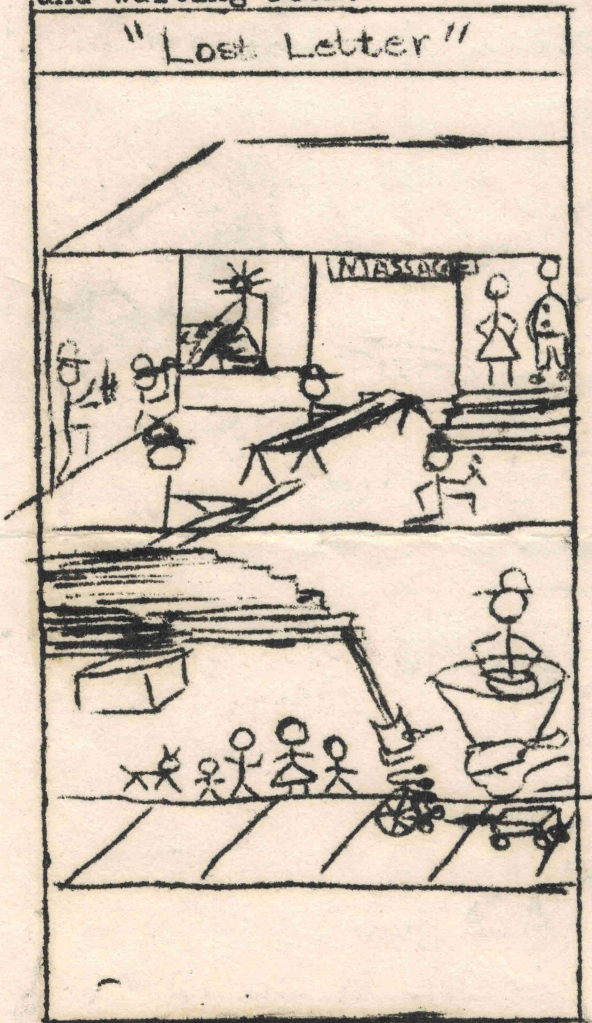
## News From Here And There

Mr. and Mrs. Niedf elt, and Mr. Tyler will be in the Williams car as it heads East July 28th. With g ood weath er, no car trouble and plenty of t ime they are expected to arrive in Milwaukee in time to rest up a day before the b ig convention begins.

Paul Bocek will be g oing from Idah o. Not a bad representation from the West. B lossom Guntley and John Murray will also be joining the caravan from Washington.

The Atomic H ealth Center is undergoing a facelifting, with four treatment rooms, turkish steam-bath, office, and waiting room.

### "Lost Letter"



This can be the only ~~excuse~~ for the editors having lost the lovely letter from out-going president Arthur Mann to in-coming president John Murray, wishing him the best of every thing in his new office and pledging his support to President Murray. Also wishing him luck in the contest for the title of Masseur of the Y ear for the nation.

If you think this picture is confusing, you sh ould see the real thing. What with carpenters---neig hbor-hood kids---spectators---patients coming and going---and just plain general upset, your editor is having a terrible time keeping track of everything. Consequently the "Lost Letter".



N-E-X-T- S-E-A-T-T-L-E M-E-E-T-I-N-G

Saturday Evening----- September 15th---- 7:00 P.M.  
Mannings (Coffee Shop----- 315 Union St.

Mrs. Niedfelt says " We had a nice clean place to meet--- I like that place."

Question: " What do you like about it?"

Mrs. Niedfelt " It was clean, quiet, and had refinement to it  
It didn't have that smell and holloing."

Such is the discription of our New meeting place at Mannings Coffee-shop at 315 Union Street. in the same block as the Old Post Office. Every one seemed to like it, and of course food was available if it was wanted.

So a vote was taken, and unanimously every one voted to have our next meeting at the same place---The date is Saturday, September 15th 7:00 P.M. This will give every one time to eat and settle down by 8:00 P.M. when Mr. Canaday will begin the business meeting. Mr. Mann has promised a fine demonstration on "emptying the Gall bladder!"

Enthusiasm washed over from our wonderful state convention and seemed to permeate the meeting, and everyone took part. 12 members were present and three visitors. Our meeting welcomed a new member Mrs. Jennie Kodelic--7546 Bothel Way, Seattle Washington!

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By Seattle President

Mr. P.R. Canaday.

Dear Fellow Members of the A.A.M.M.

I have but one purpose in mind in writing these articles, from time to time, as they appear in our papers.

The sole purpose is to advance the knowledge of Massage and Physical Therapy to our members, so they in turn, can talk with confidence to their patients and see mountains of difficulties removed and the oppressed go free, as I am seeing.

It appears many do not know the value of massage and its associated activities. The world is ignorant of its curative value. It is because we are afraid to show what we can do, nature's way, or is it fear of being crushed by Bigger Powers?.

Why can't we unite our talents so we can by voice and pen, shout our arts from the House Tops, or perhaps from the twelfth story of the Davenport Hotel in Spokane or other cities?

People are dying every day for lack of knowledge, of what we are able to do for them. The Doctors admit that 95 out of every 100 have some organic disease, or chronic disease, either developed, or in process of developing.

"In seventy percent of people the liver is hardening. The germs of tuberculosis are in the lungs of eighty-five percent of all men and women. "Eighty persons in every hundred have weak or erratic heart action.

"Painless, or blind" inflammation of the stomache, which is a source of the gravest danger, is present in ninety-nine percent of all persons;; only one in a hundred being free from it.

"Sixty percent of the people are candidates for appendicitis, requiring only acute conditions to develop the disease without warning."

Continued next page.



These people are not aware of the fact that Natural treatments would remove the danger of these diseases, without inviting other and more serious consequences (as common in the Drug field.)

To start with, let us teach them to adhere to the Basic Rule, which says: "Let nature take its course, if you wish a safe and permanent cure".

Do you know that because of the ignorance of these people of Nature's remedies, "Today a trainload, carrying fifty freight cars, is required to haul to suffering humanity each twenty-four hours, the pills with which they poison their blood. It takes daily five hundred freight cars to transport to our fellow beings these other poisons they demand."

What are we doing to warn these people and show them Nature is God's way? Drugs are Satan's counterfeits. So, let's hold the Standards High and give of the best to our fellow men, Unite our efforts and exchange our thoughts and technique; and grow and prosper in our relief of suffering humanity.

God bless you one and all.

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Someone is wondering why Seattle cannot be made as popular for BATHS--AND MASSAGE as Tokio Japan. Wonder what the Chamber of Commerce would think of that?

#### A LETTER FROM A SPOKANEITE

The A.A.M.M. is a wonderful Health Organization and stands for the good of all mankind.

Massage has been relied upon for the restoration of health for many centuries and has become one of the most useful of the healing arts of today.

We have many good honest conscientious workers, but they are becoming discouraged and dropping out of the organization one by one. This is not the fault of the profession, but some of the mistaken ideas in our by-laws.

In the beginning of our organization we had an unselfish and sincere desire to build a recognized profession. As time went on there was a belief among some of our members that we could make a big organization all at once, instead of the slow progress which is necessary to build a lasting work.

We really believed that by sending much financial support to our National, we could build up our own profession here in Washington. This is true to some degree, but we must build up our own state until we are strong enough to help the National.

A number of weak states can never build a solid foundation for any National project.

We are keeping our treasury drained so that we cannot get any where ourselves. I have reference to licensing, and the putting through of any other bills for professional recognition.

Let us keep most of our money in our own state until we build up an inshrinkable foundation, then automatically the National will become a bulwork.

Forget selfishness and prestige until we get a strong footing where we can assert some of our own desired and powers, and have them recognized by the influential officials.

The states of Washington, Idaho and Oregon can have our meetings, each state taking its turn. Thus by a Tri-state Convention we can share the expenses. One year we can meet in Washington, the next in Idaho, etc.

Only by uplifting a brother can we improve ourselves.

We hope some changes will be made in our Constitution and By-laws.



## CHEMICAL INVENTORY\*\*\*\*\*

### HYDROGEN OBESITY

Hydrogen individuals are overweight because too much liquid is retained within the tissues. The body is not lined with fat; it is simply filled with water. The inherent tendency characterizing this type is concerned with the balance between chlorin and hydrogen.

Hydrogen individuals do not readily absorb chlorin from their foods ---in some instances it is practically disregarded. When this tendency prevails, certain physical characteristics appear. The body does not develop a rounded outline. The general picture is one of sagging, straight lines, rather than otherwise. This fact is readily recognized by the flabby, sagging tissues which may pile up at any one of a number of places about the body; generally speaking the excess baggage is usually quite universally distributed. Perhaps the following description will assist in recognizing Hydrogen Obesity.

The head is more often square than otherwise, with sagging cheeks, usually more or less straight in outline. The neck is flabby, baggy, with a duclap, of area of sagging tissue at the underside of the chin. The chest is flat with heavy sagging breasts, the lower bowel is distended, and drooping, while the body is usually flat just under the ribs. The whole appearance presents a heavy, broad, drooping attitude. The tissues lack firmness, they are flabby, hips are wide, legs are large, with sagging outlinings, hands are usually small, broad, soft, and cold to touch. The skin is creamy in youth, velvetlike in texture, but later on assumes a pasty pallor. Motion is cumbersome and awkward.

The problem of reducing Hydrogen Obesity is related to chlorin, iodine, calcium, phosphorus, and silicon. The diet should be largely dry in character. We mean that liquids are not to be used to excess. All liquid taken into the body should be piping hot and sipped slowly. Only a sufficient amount should be used to provide against inefficient bowel and kidney activity. The following foods are suggested as essential in the correction of this condition: Dairy Products, Meats, Fish, nuts, cereals, Fresh Fruits and Vegetables. Keep the calory intake at 2,000 daily.

It is desirable and very necessary that the kidney action be increased, and that the skin action as well receive very close attention. Salt rubs, salt baths, and sweat baths all contribute to increased skin function, as well as chlorin saturation.

The treatment of Hydrogen Obesity is a serious thing--and should not be undertaken by the patient without intelligent supervision.

It is especially necessary that the liquid refuse from the body be maintained at a high level--the normal three pints per day should be the guide by which the intake and outlet is governed. Many cases have been observed under the above diet, where the liquid loss during the day almost doubled the liquid intake for the same length of time.

If the urine is scanty and high colored, it is advisable to resort to the use of hot liquids, slightly salted, until the normal flow is established. This can easily be accomplished by drinking two or three glassed of hot water, each containing a pinch of table salt.

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The doctor fell into a well  
and broke his collarbone,

The poor guy should have attended the sick  
and left the well alone.



The bride, white of hair, stoops over her cane.  
Her footsteps, uncertain, need guiding  
While down the church aisle  
With a wan toothless smile  
The groom, in a wheelchair comes riding

And who is this elderly couple thus wed?  
You'll find when you've closely explored it  
That here is that rare  
Most unusual pair  
Who waited till they could afford it.

Contributed by J.L. Hatch

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#### A LETTER FROM OREGON

Since Oregon Chapter won't meet till next September ninth, I fail to find anything worth while to shout about till after the national convention. Hence, believe we'll pass over the Oregon section in the Washington News for this issue, and give 'em heck next month in August. Still planning on going to convention.

In Haste,

C.A. Tyler

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Dear Editor,

President Eisenhower calls for funds to conquer ailments. He is willing to spend \$250,000,000 to try to lessen disease when he could do the job merely by enforcing the pure food laws.

As long as the American people are forced to eat the devitalized, adulterated trash which now passes for food they cannot expect to be healthy! We often hear the remark that people are living longer today due to wonder drugs. I would like to point out that those who are reaching an advanced age today are the people who were born 80, 90 or 100 years ago, long before wonder drugs were heard of and before our food had been ruined by processing and adulteration.

There is nothing that will insure good health except good wholesome food and until people find out there is no hope for them. The President will never do it with dollars for research.

Mrs Jesse De Vane,

Waterville, Wash.

(Editors note): taken from Health Digest.

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#### WHAT LEADS TO A HEART ATTACK?

Many a heart attack begins with indigestion, especially after extreme fatigue with people over 50 years of age. After five or six decades of wear and tear through the years most anyone's heart will show some signs of decline and loss of vitality to some extent. It would seem that prudence would dictate to adjust one's activity to the condition the heart happens to be in. Strenuous exercise in any form that could be taken in its stride at 25 are out of question at 50 for most people, regardless of the fact that some have a robust constitution. Those who disregard this fact will have to pay the piper, often rather suddenly.

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Without health life is not life; it is only a state of languor and suffering--an image of death.--Rabelais